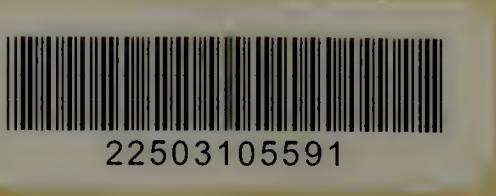
Help at Hand

By

Countess Cowper.

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HELP AT HAND;

OR,

WHAT SHALL WE DO IN ACCIDENTS OR ILLNESS?

BY

KATRINE COWPER.

LONDON:
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PREFACE.

THE objects I have had in view in compiling this little book for the use of the people of my own parish, are; first, that they may be able to afford to buy so cheap a guide to 'first aid;' and, second, that having bought it they may be able, without any knowledge of surgery or medicine, to understand the simple rules laid down for what they should do, and what they should not do, in cases of emergency. All other books on this subject which I have seen, are too costly and too difficult in language and terms to meet these requirements; and if this one should be found to do so, my desire will have been accomplished.

There is nothing new, nor does there pretend to be. It is entirely compiled from the notes made during two courses of Ambulance

Lectures, supplemented by constant reference to Surgeon-Major Shepherd's well-known and valuable *Hand-book*.

The Chapter on Poisons is taken from the *Toxicological Chart*, by William Stowe, M.R.C.S.E. I have to acknowledge with thanks the kindness of Dr. Holland of Ampthill, and Mr. W. Odell of Hertford, for revising and correcting the MS. sheets ; and also to Mr. Croft, Surgeon of St. Thomas's Hospital, for several valuable hints and suggestions.

K. C.

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Bedsores — Chilblains — Children's Convulsions—Colic—Croup—Diarrhœa—Dysentery —Earache—Emetics—Frostbites — Infection —Lime in the Eye—Measles—Poultices—Sore Feet—Ventilation 32



EXPLANATION.

The dots mark the places on which to press when the person is bleeding from an artery wound.

In each case the dot marks the nearest place above the wound (on side nearest the heart) upon which pressure can be of use to stop the bleeding.

HELP AT HAND.

WOUNDS.

CUTS.

Treatment:

1. Wash the part carefully with cold water.
2. Stop the bleeding (*see page* 10).
3. Put the edges of the wound together; and,
4. Apply strips of sticking-plaster, leaving intervals between the strips; or, cold-water dressings. Fix the wound in a natural position, and support by a bandage. Do not allow any straining on the wounded part. Cold-water dressings to be made of clean rag, linen, or lint, dipped in cold water, bandaged on to wound, and never allowed to get dry.

N.B.—'Friar's Balsam' may be put into a clean wound on lint, and changed twice a-day.

CUT THROAT.

After stopping bleeding (*see page* 10, *No.* 2), the patient's shoulders should be raised by pillows, so as to make the head bow forward.

TORN WOUNDS AND BRUISES.

Treatment:

Same as cuts, and use cold-water dressings, not plaster.

BITES OF ANIMALS.

Treatment:

1. Tie a cord tightly above the wound on side nearest the heart.
2. Suck, and spit out the poison.
3. Bathe the wound with warm water, to encourage bleeding.
4. Apply salt, or caustic if obtainable; or, burn out the poison, by inserting a red-hot-iron wire or needle.
5. Give some brandy or other spirit and water, and send for, or go to, the doctor.

BLEEDING.

GENERAL SUBJECT.

There are three kinds of bleeding:—

I. From Arteries. — The blood spurts out with great force, and is of a bright red colour.

II. From Veins—The blood flows slowly but strongly, and is of a dark purple colour.

III. From Small Blood Vessels.—The blood oozes gently from the surface.

N.B.—The blood from arteries flows *from* the heart; from veins, *towards* the heart.

Treatment:

1. Place the person in a lying-down position, but raise the bleeding part and keep it at perfect rest above the level of the body.
2. Press with the point of a finger, or fingers, directly over the bleeding part until you can get help.
3. Wash the part with cold water.
4. Notice whether the bleeding is as No. I. (from arteries) or No. II. (from veins).

IF (I.) FROM ARTERIES,—

Tie a pad made of a hard, firm substance—a stone, a roll of paper, a hard roll of rag, piece of money or lead, &c.—on to the wound itself very tightly; and another pad as near it as possible, above the wound, on the side nearest the heart, and use a tourniquet to each bandage over each pad.*

IF (II.) FROM VEINS,—

(Bleeding from veins), use the same treatment, but tie on one pad upon the wound itself, and the second pad below the wound, furthest from the heart.

IF (III.) FROM SMALL BLOOD VESSELS,—

Similar treatment to **No. II.**, and apply ice or cold in some shape.

FOR BURST VEINS (varicose),—

Same treatment as **No. II.**, and be careful to raise the limb effectually.

NOTE I.—*How to make a tourniquet :—*

Shove in a stick under the knot of the bandage, and turn it round as tightly as you can to tighten the bandage over the pad, and fix it there.



NOTE II.—*How to find an artery :—*

Press firmly with fingers where you think it is till the bleeding stops :† if you do not find it at once, press deeper. You should feel a pulse beating.

* See also 'Special Remarks,' page 10.

† See figure on page 6; and also 'Special Remarks,' page 10.

NOTE III. — *How to make a bandage for tying on to a pad to stop bleeding:—*



Fold up a handkerchief or piece of linen, rag, &c., into straight bandage about 4 inches wide. Always tie it in a 'sailor's' or 'reef' knot, which does not slip.

SPECIAL REMARKS ON NO. I.

(*Where to Bandage when Bleeding from an Artery.*)



1. *Bleeding in head.* — Pad and bandage over wound itself.

2. *Bleeding in neck.* — Press with fingers into the wound itself, and directly above and below the wound.

N.B. — You may not bandage round the neck.



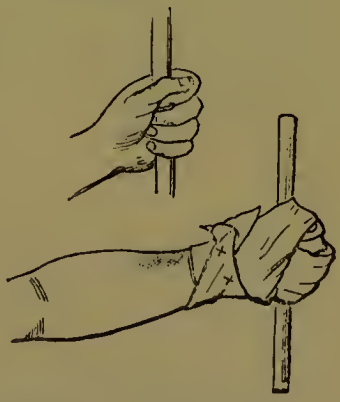
3. *In armpit.* —Press with the fingers into the wound, and behind the middle of collar-bone, either with the handle of a door-key wrapped in lint, or by pressure with *thumb* from behind patient's shoulder.



4. *In upper arm* (above elbow). — Tie a pad on to the wound, and a second one directly above the wound on the inner side of arm.



5. *In fore-arm* (below elbow).—Place a pad in hollow of elbow, and bend fore-arm against upper arm, and tie and bandage arms together tightly.



6. *Hand.* — Tie two small firm pads on to arteries (pulses) at each side of wrist, *or* close and fix hand over a piece of stick or hard substance, and bandage tightly.

7. *Thigh.* — One pad on wound, and one above wound; bandage tightly, and use a tourniquet, and press with fingers at middle of fold of groin.

8. *Ham* (or back of knee-joint). — Pad and bandage on and above wound, pressure in front of thigh by pad, bandage, and use a tourniquet.

9. *Back of leg.*—Press at ham, or in front of the thigh, *or* double the leg against thigh with a pad in hollow under knee, and bandage tightly.

10. *Front of leg and instep.*—Use a pad and bandage above the wound.

11. *Sole of foot.*—Use a pad and bandage behind inner ankle-bone; if this fails, place pads behind outer ankle-bone and on middle of front of ankle, and bandage.

N.B.—1. Always use a tourniquet if possible. 2. For wounds on leg or foot, see dots on the figure on page 6.

12. *Internal bleeding.* — *Treatment:* — 1. Place patient in an easy position, lying down. 2. Apply cold water or ice on chest. 3. Give ice to swallow constantly.

13. *Nose bleeding.*—Lean the patient forward, raise the arms, apply cold water or ice to forehead and face, ice on the side of nose which is bleeding. You can also press with fingers into the side of wind-pipe, on the bleeding side: but this must be done with care.

BROKEN BONES (OR FRACTURES).

GENERAL SUBJECT.

There are four kinds of fractures:—

I. SIMPLE BREAK.

II. COMPOUND BREAK—flesh wound.

III. COMPLICATED—injuries to soft parts or internal organs.

IV. COMMINUTED—smashed bone.

Signs of a Broken Bone:

1. The limb is helpless.
2. It is altered in shape.

3. There is an unusual looseness at the broken place.

4. When gently moved, there is a scraping noise heard or felt, which comes from one broken end of the bone scraping against the other.

5. The limb is shortened.

6. You can feel an inequality or unevenness, if you pass your fingers along the surface at the broken place.

FIRST RULE in case of a broken bone :—

Never move the person until the limb is made safe from further injuries by putting it into splints.

N.B.—*What to use for a Splint.*—A broom-handle ; a walking-stick ; an umbrella ; a rifle ; a bough off a tree ; a long tight roll of paper ; anything that is long and stiff enough to reach from well above the break to beyond the boot, if in the case of a broken leg ; or, beyond the fingers, in the case of a broken arm.

Treatment :

Place the broken limb in as natural a position as possible, and tie it up with splints and bandages—in the case of broken leg, after putting on the splints and bandages, tie both legs securely together at the knee and ankle, and carry the patient off on a stretcher.

If you do not need to move the person, keep the limb in a natural, easy, position until the doctor comes.

Never give spirits.

N.B.—It must be remembered that this treatment for broken bones is only to enable the patient to be moved without further injuries. A surgeon is required to set the broken limb.

Special Remarks on how to Bandage Broken Bones.

Use no Splints.

BROKEN SKULL (head).

Keep patient lying down in a dark room, head, slightly raised. Apply cold water to head, if patient gets hot and feverish.

BROKEN RIBS.

A broad roller bandage should be wound firmly round the chest, so as to steady the movements of breathing.

BROKEN LOWER JAW.

Tie the lower to the upper jaw by bandage over head.

BROKEN COLLAR-BONE.

Put a pad in the armpit, and bind the arm to the side just above the elbow. Put the fore-arm (lower arm) into a sling.



Always put a broken arm into a sling after the splints are on.

BROKEN BONE OF UPPER ARM.

Tie on three or four splints from shoulder to elbow. Support fore-arm in a sling.

BROKEN BONE OF LOWER ARM (fore-arm).

Do not raise



Always put a broken arm into a sling after the splints are on.

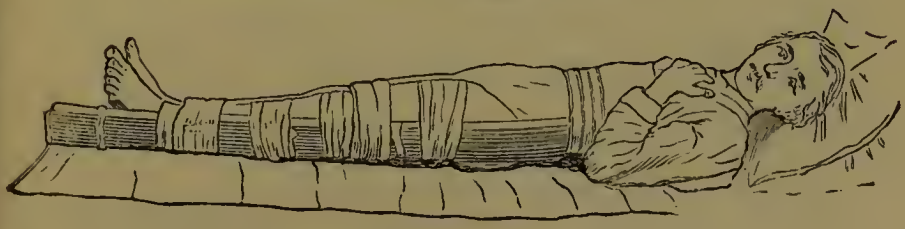
the arm. Let it hang while you put on two splints, one on the inside from bend of elbow to tips of fingers, and one outside from elbow to wrist. The splints should be well padded with soft linen, or cotton wool, &c., and the arm should be in its natural position, with the thumb pointing straight in front. When well tied into splints, raise the arm and put it in a sling, thumb uppermost.





BROKEN WRIST OR HAND.

Bandage it on to a flat board, or splint, firmly, and put the arm and hand in a sling. Pad the splint well.

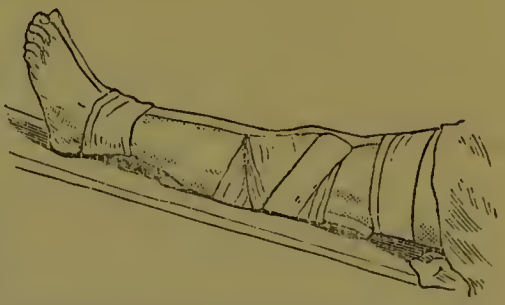


BROKEN THIGH-BONE.

Put on one long splint outside, along the whole side from the armpit to the outside of the heel; and

another on the inside, from top of the inside of the thigh to the knee. Use six bandages, if possible; and, lastly, tie the two legs together.

BROKEN KNEE-CAP.



Straighten the limb. Place it *on* a splint—the heel raised one foot from ground or bed, and bandage with figure-of-eight bandage round the knee, including the broken bones. Tie legs together.

BROKEN BONES OF THE LEG.



Put on two splints, one outside and one inside, well padded, and tie legs together.

BROKEN FOOT OR ANKLE.



Raise the foot, apply cold water. Before putting on a splint be careful to pad it well with some soft material. Use two splints, one outside and one inside.

N.B.—1. For broken legs, always tie them together. If bleeding takes place, stop it first,* and then put on the splints.

* See pages 10 and 12.

DISLOCATIONS.

Signs:

If no bone has been broken, there will be no sound of grating when gently moved. The bone has been forced out, and there is a deformed look —the limb is helpless, but fixed.

Treatment:

Apply cold water to relieve swelling and pain, which is very great; send for the doctor at once. If you must move the person, carry him upon a stretcher.

SPRAINS.

Treatment:

Apply cold water, and tie up the limb firmly with equal pressure. If the ankle is sprained, take off the boot and apply cold water. (If no water can be had, do not take off the boot.) Bandage it up across the ankle and under the foot firmly, and gently, with the figure-of-eight bandage (see illustration of broken foot). Move upon a stretcher.

DIFFERENT KINDS OF INSENSIBILITY.

GENERAL SUBJECT.

The chief causes of insensibility are as follows:— Some are due to the *action of the heart*, and others to the *condition of the brain.*

If the brain is too actively supplied with blood, its functions are increased, and delirium may occur.

If the brain is not properly supplied with blood, the patient is pale, and may become gradually unconscious. Insensibility may come from apoplexy (the escape of blood into, or upon the brain); epilepsy; and poisoning, by opium, chloroform or morphia; also, by blood-poisoning caused by kidney diseases.

Insensibility may also be due to injury to the brain itself. In all cases of insensibility from brain causes, never give stimulants (spirits).

In cases of weak heart, give stimulants.

In the first place, examine the patient carefully; place the patient on the back with pillow under the head, and extend the legs. Unfasten clothing at neck, chest, and waist. Examine whether bones are broken. Look for bottle of spirits; feel pulse at wrist, whether weak, as in cases of fainting, shock, and bleeding; or, slow and laboured, as in cases of apoplexy and brain pressure. Look at eyes, whether the pupils are fixed and dilated (large), as in cases of paralysis and apoplexy, or contracted (small), as in cases of opium poisoning. Listen to the breathing, whether heavy and loud (snoring), as in apoplexy. Smell the breath, whether smell of spirits, as in intoxication. Notice the colour of face, whether flushed, as in intoxication, apoplexy, and epilepsy; or, pale, as in fainting or shock.

FITS.

FAINTING FITS.

Causes:—Sudden cessation of action of the heart. Loss of blood. Weakness, or mental shock.

Symptoms:—Insensibility, face and lips white, a cold sweat over the skin, pulse very weak.

Treatment:

Lean the patient forward. Press the head down forwards between the knees, or place in a lying position, with the head very low. Throw cold water over face and head. Unfasten anything tight on throat and chest. Do not unfasten clothing round abdomen too hastily. Give a little spirit and water to drink. Smelling-salt to nose. Plenty of fresh air.

INTOXICATION.

Cause:—Excess in drinking.

Symptoms:—Breath smells of spirit. Person usually not perfectly insensible, and can generally be roused. Feels pinching, and eyes are sensitive if touched. Pupils of eyes are equal in size and large. Pulse soft and quick.

Treatment:

Give an emetic of warm water, and salt or mustard. Mix a tablespoonful of either to a tumbler of water, and give plenty of it. Apply cold water to the head, and warm flannels to the body. Hot bottles or bricks to feet and hands.

APOPLEXY (or Compression of the Brain).

Cause:—Blood pressing on the brain.

Symptoms:—Patient quite insensible. Does not feel pinching, and cannot be roused. Pupils of eyes are *unequally* contracted or dilated, and are fixed. Very heavy (stertorous) breathing. Puffing of cheeks. Face flushed. Sometimes convulsions, and sometimes paralysis. After fracture of skull same symptoms.

Treatment:

Place the person lying down, but raise the head

well. Undo anything tight round throat or neck. Apply cold water or ice to head, and heat to the legs, hands, and feet to draw down the blood from the head. Mustard plaster to legs, or hot bottles, hot bricks, &c. Do not give any spirits or stimulants.

EPILEPSY.

Symptoms:—Sudden loss of consciousness and sensibility. Violent convulsions, foaming at mouth and biting of tongue; at last, sleep. Breathing difficult, face sometimes black from holding the breath.

Treatment:

Undo anything tight. Prevent the person from hurting himself. Raise the head; place a hard thing between the teeth to prevent the tongue being bitten (a knot in a pocket-handkerchief or a cork), and try to restrain his movements. After the fit is over, give nourishment.

SHOCK OR COLLAPSE.

Cause:—From injuries, from burns or scalds, from poisoning, from fright, grief, lightning, &c.

Symptoms:—Face and body pale and cold, eyes dull, breathing feeble, hardly any pulsation at wrist.

Treatment:

Place the person lying down, with the head low. Cover the body to keep it warm. Apply hot bottles to feet and hands. Give small quantities of stimulants frequently (a teaspoonful of ammonia or spirit in water every three or four minutes). Hold smelling-salts to the nose, and do not move the patient till he is better.

HYSTERICAL FIT.

Symptoms:—Jerking of the head and body,

screaming, &c.; sometimes pretended but not real insensibility.

Treatment:

Cold water on face, and not too much sympathy with the patient.

BURNS AND SCALDS.

BURNS.

A burn by dry heat may cause redness, blistering, and positive destruction of skin.

SCALDS.

A scald is caused by hot or boiling liquids falling on the skin, which is raised, and forms a blister, or is even destroyed.

Treatment of Burns:

The great object is to exclude all external air. If on hands or feet, plunge them into warm water; in cases of large burns cut off clothing, and if it sticks to the flesh do not pull it off, but put patient into a warm bath, and the charred clothing will float off. Then apply lint and water, or lint and oil, or common kitchen whitening and oil mixed into a thick paste, and keep the dressings constantly wet; do not take off the first dressings for two or three days, cover the lint with oil-silk to keep it wet, and wrap up over the whole part with cotton wool. If burnt on arm, put it in a sling after treatment as above, and do not use it.

BURNS IN THE THROAT, AND SWELLING.

Give ice to swallow, and keep the air full of moisture by steam from a kettle on the hob.

Place a **BURNT CHILD** in a cot near the fire, after having used treatment as above, and steam well by a kettle, with a long paper spout pointing towards the cot.

Treatment of Scalds:

Prick the blister, and put a dressing of lint (with oil-silk over it) dipped in soda and water (a teaspoonful of soda in a tumbler of warm water), and cover with cotton wool to keep out the air: or, oiled lint or rag (clean) forms a good dressing. Use olive oil or boiled linseed oil, or carron oil, which is made by shaking together an equal part of lime-water and linseed oil.

DROWNING AND SUFFOCATION BY SMOKE, GAS, &c.

DROWNING.

Treatment:

I. The first object is to restore breathing.

II. The second to promote warmth and circulation.

1. *Treatment to restore Breathing:*

At once, place the patient on his back in a lying position, with a pillow or coat rolled up underneath the shoulder-blades, and with the head hanging back slightly; remove any sand, or mud, or salt water, &c., from the mouth, by turning the face over to one side so that it runs out, and undo all tight clothing from the neck and chest. Then try and imitate the movements of breathing as follows: — Take hold of the arms by elbows

(standing behind the head of patient), and draw the arms gently and steadily upwards till they meet



above the head. Keep the arms up in that position for two seconds, then draw down the patient's arms and press them firmly against the sides of the chest; repeat these movements steadily and slowly



about fifteen times in a minute, until the patient begins to breathe, or, until the doctor arrives and pronounces life to be extinct.

If there is a second person present, he can assist by placing one hand below the chest and pressing gently while the arms are coming down, also he should raise and rub the legs. As soon as the patient begins to breathe, leave off the movements of artificial breathing, and go on to the

2. *Treatment to promote Warmth and Circulation:*

If possible, give a warm bath for five minutes; wrap the patient in warm, dry blankets, rub the limbs, under the blankets, firmly upwards. Put hot bottles or bricks to feet, to pit of stomach, under armpits. When able to swallow, give small quantities of warm wine and water, or spirit and water, or coffee. Keep the patient in bed, and let him sleep if possible. If there is any distress in breathing, a mustard plaster on chest, and on back below the shoulders, will relieve it much.

SUFFOCATION BY SMOKE OR GAS, ETC.

Take the patient at once into the fresh air, undo clothing. Use the same treatments as in drowning.

1. To restore breathing.

2. To promote warmth and circulation.

N.B.—Artificial breathing should be continued in all cases, unless the patient begins to breathe, for one or two hours, or until the arrival of the doctor, who should be sent for at once.

HANGING.

Take off all tight things from neck, and treat the same as in drowning (I.), to restore breathing.

POISONS.

POISONS.

The *symptoms* of poisoning are—Sickness, vomiting, purging, cramps, pains in the stomach, delirium, or unconsciousness.

Treatment:

1. To get rid of the poison by vomiting.

2. To counteract the effects of the poison by giving an antidote.

3. To try by remedies to prevent the danger of death.

There are three kinds of poison :—

I. IRRITANTS (which destroy the tissues of the body).

II. NARCOTICS (which produce insensibility by their action on the brain).

III. NARCOTIC IRRITANTS (which combine the action of the first two poisons).

First, try and find out what kind of poison has been taken. The following are some of the signs :—

Signs in Irritant Poisons:

The mouth and tongue are burnt, and the patient suffers from shock or collapse.

Signs in Narcotic Poisons:

Stupor or drowsiness; pupils of eyes contracted to a pin's point in size; insensibility always increasing.

I. **IRRITANT POISONS** are the following :—

1. Alkalies (caustic or carbonated).—Potash, soda, lime.
2. Acids (mineral).—Oil of vitriol, aquafortis, spirit of salt, oxalic and carbolic acid (from tar).
3. Antimony.
4. Arsenic.
5. Caustic.
6. Chloride of tin (muriate or putty powder).
7. Mercury salts (calomel).
8. Phosphorus (rat poison).
9. Salts of lead (sugar of lead and paint).

Treatment for Irritant Poisoning :

Encourage vomiting by tickling the back of the throat with a feather or the finger, or by giving large draughts of warm water. No emetics. After vomiting, give an antidote as follows :—

1. **ALKALIES.**
Antidote : Vinegar and olive oil to be given in large quantities.

2. **ACIDS** (Mineral).
Antidotes : Lime, magnesia, whitening, chalk, potash, wall plaster mixed with water ; also milk.
N.B.—Acids and alkalies are antidotes to one another.

3. **ANTIMONY.**
Antidotes : Milk, strong tea, or tannic acid.

4. **ARSENIC.**
Antidote : Milk (new if possible), raw eggs, linseed tea, and a full dose of castor oil.

5. **CAUSTIC** (Nitrate of silver).
Antidotes : Common salt, mix a tablespoonful in

a pint of water, and give a wineglassful every two or three minutes.

6. CHLORIDE OF TIN.

Antidotes: Large quantities of milk, with magnesia, chalk, or whitening in it, or raw eggs in water or milk.

7. MERCURY SALTS.

Antidotes: At once, whites of eggs to produce vomiting; then flour and water, milk.

8. PHOSPHORUS (Rat poison).

Large quantities of warm water to produce vomiting; then

Antidotes: Ten drops of turpentine in gruel or milk, with a little magnesia, every quarter of an hour, or large doses of magnesia and water; no oils; give also stimulants—brandy, &c., and food.

9. SALTS OF LEAD.

Antidotes: Alum and water, Epsom salts, or a large dose of castor oil; give also a warm bath.

II. NARCOTIC POISONS are—

1. Opium, morphia, belladonna, henbane, hemlock, paregoric, soothing syrup, &c.
2. Prussic acid, oil of bitter almonds, laurel water, cyanide of potassium (used by photographers).
3. Strychnia, rat poison, nux vomica.
4. Aconite.

Treatment for Narcotic Poisoning:

1. OPIUM.

Give an emetic and effectually empty the stomach. Either four grains of tartar emetic, or ten to twenty grains of sulphate of zinc, or mustard and water, repeated every quarter of an hour till full effect is produced; then

Antidotes: Strong coffee; keep the patient awake; if drowsy, keep him walking up and down, dash cold water over him; if cold and sinking, give spirits and water in good quantities; never allow him to sleep till the effects of poison are worn off.

2. PRUSSIC ACID.

Give an emetic at once.

Antidotes: None. Cold water to hands and face, smelling-salts to nose. Give ammonia (sal volatile) and water. Stimulants (brandy, &c.); rouse the system in every possible way; use also, if necessary, artificial breathing.

3. STRYCHNIA.

Signs: violent convulsions, lock-jaw.

Give at once, one ounce or more animal charcoal mixed with water; then an emetic, twenty grains of sulphate of zinc; brandy in large doses; linseed tea; and, occasionally, laudanum (about thirty drops for an adult), to relieve the spasms; and a warm bath.

4. ACONITE.

Same treatment as Strychnia.

III. NARCOTIC IRRITANTS

Are tobacco, nicotine, lobelia, arnica, cocculus, colchicum, ergot, and fungi.

Treatment:

Emetics to be freely used, and followed by large doses of castor oil.

ALCOHOLIC POISONS

Are brandy and all spirituous liquors, æther, chloroform, chlorodyne, chloral, &c.

Treatment:

Give a strong emetic (tartar emetic or mustard

and water), and encourage vomiting. Cold water to the head, and warmth to the surface of the body. A dessert-spoonful of vinegar in water.

BERRY EATING.

Give an emetic. If the patient is drowsy, keep him awake, and give coffee or tea.

POISONOUS FISH (or stale fish, or shell-fish).

Give an emetic. After vomiting, a dose of castor oil. Later, some vinegar and water. If spasms come on, give ten to fifteen drops of laudanum in water.

STINGS OF VENOMOUS INSECTS.

Rub hartshorn and oil upon the affected parts, or ammonia, and a glass or two of wine may be given. The sting can be got out by pressing the barrel of a small watch-key over it.

BROAD RULES.

If you do not know what poison has been taken, always encourage vomiting. If the person is inclined to vomit, try tickling the back of throat, or give large draughts of warm water. If the person is not inclined to vomit, try an emetic. After which, if you see the mouth is burnt, you may know it is by an *irritant* poison. Give milk, raw eggs, oil.

If patient has an *acid* taste in mouth, give magnesia or chalk and water.

If patient has an *acrid* taste, give vinegar and other vegetable acids, and olive oil.

If patient is *drowsy*, keep him awake by all means possible, and give plenty of strong coffee.

N.B.—Always send for the doctor at once.

HINTS ON NURSING.

DISINFECTANTS.

THE ROOM BEFORE ILLNESS.

Take out everything, carpet, bed, &c. Dust the room very thoroughly, and wash floor with hot water and soap. Then light a fire to dry the floor. Use a small bed if possible. Keep no curtains or valance; no carpets; no clothes in the drawers.

THE ROOM DURING ILLNESS.

Attend to a good ventilation by windows. Hang thermometer at the back of the bed; if it gets down below 60°, light the fire. Use Condy's fluid, or chloride of lime and water, freely, for all utensils in the room, closets, &c. If possible, place saucers in different parts of the room filled with carbolic acid or chlorinated lime and water. Hang a sheet across the door of the sick room, and keep it damp with carbolic acid and water (one part carbolic acid to forty parts water).

TO PREVENT DISEASE SPREADING.

Isolate the patient, send away as many of the inmates of the house as possible as soon as he is taken ill. Allow as much fresh air as possible without making a draught. Put dirty linen, &c., in some disinfectant solution before it is taken from the room. Flush drains, sinks, closets at least once each day, by pouring down Condy's

fluid and water. Disinfect and bury in the garden all secretions from the patient, at a safe distance from any water supply. Never lend a patient's clothes to a neighbour.

THE ROOM AFTER ILLNESS.

After the following infectious diseases, the room, in which the patient has been ill, should be disinfected.

Diseases:—Eruptive fevers, measles, small-pox, scarlet fever, typhus, typhoid, diphtheria, erysipelas, whooping-cough, and cholera. The best way to disinfect the room is to close every door and window, and stop up every crack or crevice with rags, leave in the furniture, and *fumigate.* This can be done either by burning *sulphur* in saucers, or by placing pure *carbolic acid* in shallow vessels round the room, or by putting two drachms of iodine in a metal cup and a lamp or lighted candle underneath it till it is all evaporated.

Paper must be stripped off the walls, and walls and ceiling scraped and limewashed; furniture must be well washed with chloride of lime and water. All clothing and bedding must be disinfected by being baked in an oven, and afterwards washed and exposed to the sun.

In bad cases, all clothes, bedding, carpets, &c., which have been in the room should be *destroyed* by burning. The floor of the sick-room should be washed either with a deodorising soap and water, or quicklime and water.

A Disinfectant for Washing the Hands of the Nurse:—One table-spoonful of Condy in an ordinary basin three parts full of water.

GENERAL.

1. BEDSORES

May be *prevented* by hardening the skin by rubbing it with brandy, salt and water, alum and water, or putting on adhesive plasters spread on leather, or by the use of air or water-cushions.

2. CHILBLAINS

Often come from tight boots, from exposure to heat and cold alternately.

Treatment:

Never put them near the fire; rub with soap liniment and tincture of iodine mixed (six parts of soap liniment to two of tincture of iodine) every night, or put parts affected in hot mustard and water. Camphor liniment is useful.

3. CHILDREN'S CONVULSIONS.

A hot bath, or legs and feet and hands in hot water, and a dose of castor oil; or, in bad cases, apply cloths dipped in mustard and water or turpentine and water to the feet and legs, and cold water to the head. Give an emetic of one or two teaspoonfuls of ipecacuanha wine, or some mustard and warm water. After vomiting, give a small quantity of wine, or a little spirit in water, and try to get the child to take a long sleep.

4. COLIC.

Painful, but not dangerous. Give a glass of hot brandy and water and a dose of castor oil, with, or without, five to ten drops of laudanum.

5. CROUP.

Causes: Exposure to cold and damp; insufficient clothing, &c.

Treatment:

Place the patient in a warm bath for ten minutes, then to bed (wrapped in flannel). The air of the room to be kept warm and moist. A sponge to be dipped in water as hot as the hand can bear, squeezed half dry, and applied under the patient's chin—the sponge to be re-soaked every two or three minutes. A teaspoonful of ipecacuanha wine to be given, every fifteen minutes, until there is free vomiting, and continued in small doses, every three or four hours, until the symptoms subside. Then give food in a liquid form.

6 DIARRHŒA.

Causes: Eating unripe fruit or indigestible food, drinking cold water, or breathing bad air.

For Children.

Treatment:

A dose of castor oil, flannel wrapped round the bowels, and keep the patient quiet. If diarrhœa still continues after oil has operated, give five drops of chlorodyne in a wineglass of water every two hours.

For Grown-up People.

Same treatment,

But ten drops of chlorodyne instead of five. For food—dry toast, tea without milk, rice or arrowroot; no meat or vegetables.

7. DYSENTERY.

One or two teaspoonfuls of castor oil, and, when it has operated, a little soothing opiate—either five drops of laudanum in a wineglass of water, or ten drops of chlorodyne, every two hours, or a ten-

grain dose of Dover's powder. Keep warm in bed. For food — strong cold tea or fresh milk, starch, or baked or boiled flour mixed with hot water, and add a little cinnamon or ginger or peppermint; no spirits or beer.

8. EARACHE.

A warm poultice made of bran or bread, or a few drops of sweet oil and laudanum (warm) dropped into the ear.

9. EMETICS (*or to cause vomiting*).

The best emetics are, irritating the back of the throat with the finger or a feather, large draughts of tepid water with a tablespoonful of salt or mustard, one or two tablespoonfuls of ipecacuanha wine in water or twenty to thirty grains of sulphate of zinc in water.

10. FROSTBITES.

Rub the part affected, which is generally a blue or purple colour, with snow or other *cold* application in a room without a fire; *avoid* heat, and give a little brandy and water in small quantities. Afterwards, wrap the part in cotton wool lightly applied, and elevate the limb.

11. INFECTION (*after fever is gone*).

For all fevers the infection lasts four weeks, except — scarlet fever, which lasts six weeks, and whooping-cough, which lasts two months; after that, the patient is not infectious, even though the whoop goes on.

12. LIME IN THE EYE

Produces most serious mischief unless immediately removed. This should be done at once with a dry camel's hair brush or a feather, and then

the eye should be thoroughly washed with vinegar and water.

13. MEASLES.

Keep the patient in bed, so long as the rash is out; and, unless the weather is very warm, have a fire in the room night and day. As a rule, no medicine is required; but milk, beef-tea, broth, &c., should be given. If the patient's breathing becomes difficult, or if there is very much cough, *send at once for the doctor*, as there is danger of death from bronchitis, or congestion of the lungs.

14. POULTICES

Are used to clean foul wounds, to allay inflammation and pain, and to draw the blood from internal organs towards the surface. They can be made by bread and boiling water, by linseed meal or other meals and boiling water, or by mustard and flour and water mixed well and hot. They should never be too wet, nor too hard and dry, nor heavy. They should be put on in clean rag or linen, with a piece of oil-silk over them, and changed whenever dry and cold. For wounds and sores, bread and water should be used; for inflammation of chest, &c., mustard and flour or linseed meal. The addition of powdered charcoal to a poultice is often of great benefit when wounds are in a foul condition. Mustard poultices are more cleanly and effectual in their action when spread on brown paper instead of linen or rag.

15. SORE FEET.

Try to harden them by using alum and water or spirit and water. Attend with special care to cleanliness. Always wear clean stockings or socks, and dry boots or shoes.

16. VENTILATION

Is caused by the good air coming in by a window or door, and the bad air going up the chimney. Open the window-sash at the bottom three or four inches and fill up the whole space with a piece of wood: air will come in between the top and bottom sashes. Never leave windows open at the bottom but always at the top. Good air falls, and drives the bad air up the chimney. Keep up a fire in cold weather, and a lamp in the grate in summer. Be careful on no account to close the register or chimney-flap of the stove, during the summer months, or at any time in a room which is being lived in.



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Help at Hand

Courtesy Cover